

# Wholesome Harvest Box Info

## What's in my box?

*This list is tentative and subject to change. Please visit our website's [current news](#) box for any changes.*

- Sweet corn
- Beans, green or wax
- Eggplant
- Radishes
- Scallions
- Head Lettuce
- Green Bell Pepper
- White Bell Pepper
- Cucumber
- Onion Variety
- Slicing Tomatoes
- Summer Squash
- Zucchini, yellow or green

Slicing Tomatoes



White Peppers

## The Vegetables

### **Sweet Corn**

This is our first crop of sweet corn. Miraculously most of it survived the frost we had in late May! If you find worm in the tip of the ear, don't be alarmed. Simply cut off and enjoy the rest of the ear.

### **Beans**

Everyone will be seeing a bag of green or wax beans in your box again this week!! Enjoy within 2-4 days for best fresh taste!

### **Eggplant**

We picked an assortment of eggplant this week. You may see small white eggplant, Asian, or the typical globe eggplant in your box this week. All can be used interchangeably in recipes.

### **Radishes**

Another bunch of radishes. Great addition to salads.

### **Scallions**

Scallions, also known as green onions, are the long, skinny pencil sized green stems in your box. They have long green stems with a white bulb at the bottom. The entire scallion can be enjoyed. Store scallions in the fridge and use within 3-6 days.

### **Head Lettuce**

Green or red summer crisp lettuce will be in your box this week. Store in plastic bag in fridge and wash thoroughly before using.

### **Bell Pepper**

You will receive green and white bell peppers in your box this week. Both are mild in flavor.

### **Tomatoes**

We are just beginning to harvest the slicing or beefsteak tomatoes. Store on counter and use within a week.

### **Cucumbers**

You will find both 2 cucumbers in your box again this week. Store cucumbers in fridge. For best fresh, crisp taste, enjoy within 2-4 days.

### **Onion Variety**

We are giving out a variety of onions this week. You will see either the pearl onions or one larger red, white or yellow onion.

### **Zucchini and summer squash**

You will find either yellow or green zucchini in your box again this week as well as the yellow summer squash.



## Easy Tomato & Cucumber Salad

### Ingredients:

- 1-2 **Tomatoes**
- 1 Small **Cucumber**
- ¼ Cup Rice Wine Vinegar
- Pinch of Sugar
- Salt to taste
- 1 Tbl. minced cilantro

### Directions:

1. Cut tomatoes into bite size pieces.
2. Cut cucumber in half crosswise, quarter the halves, and slice.
3. Combine all ingredients in a bowl and let stand at room temperature, stirring occasionally, for 20 minutes or so.
4. Serve at room temperature.

*Serves: 4*

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## Farmers Market Orzo Salad

Recipe from Taste of Home

### Ingredients:

- 1 package (16 ounces) orzo pasta
- 2 small yellow summer squash, halved lengthwise
- 1 medium zucchini, halved lengthwise
- 1 medium red onion, quartered
- 8 tablespoons olive oil, divided
- 1/2 teaspoon salt, divided
- 1/4 teaspoon pepper, divided
- 3 tablespoons lemon juice
- 8 ounces smoked mozzarella cheese, cut into 1/4-inch cubes
- 1-1/2 cups grape tomatoes, halved lengthwise
- 1/2 cup chopped fresh basil
- 1/2 cup pine nuts, toasted
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### Directions:

1. Cook orzo according to package directions; drain. Brush yellow squash, zucchini and onion with 2 tablespoons oil; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Grill vegetables, covered, over medium heat or broil 4 in. from heat 10-12 minutes or until lightly charred and tender, turning once. Cool slightly. Cut into 1-in. pieces.
2. In a small bowl, whisk lemon juice and remaining oil until blended. In a large bowl, combine orzo, grilled vegetables, mozzarella, tomatoes, basil and remaining salt and pepper. Add dressing; toss to coat. Sprinkle with pine nuts.

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